



# PROMISES



*A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS*

*JANUARY / FEBRUARY 2015*

## **WHAT I USED TO BE LIKE AND WHAT HAPPENED**

Alcoholism runs in my family. It killed my father before he was 30 when I was just learning to walk. Mom was 34 when she died of liver failure. Both were handsome, smart and talented I am told. I have old snapshots somewhere that confirms that this was true. I was a throw-away kid.

I grew up in beautiful mountains east of Los Angeles, where I learned to love the forest and to be at ease with all animals. The aunt who had charge of me was crazy and drunk. Chaos and abuse were the norm. I ran away as soon as I was old enough.

I married at age 20 and we rented an old house by the beach. We had 2 darling kids and I was a stay-at-home mom. We swam in the bay and played volleyball and dug for clams together. I baby-sat 2 little boys for extra money and they grew to be part of our family. Nobody drank. My husband got a great job that required he wear a suit and tie. We became "yuppies"! We went to a lot of parties where everybody drank except me. One night, at a party, my husband said, "You look funny, Hon., not drinking with us..." After awhile I took my first drink. I loved the effect! Hangovers lasted for days. I began to drink for relief.

Life shifted into fast forward. My behavior turned bizarre and the blackouts terrifying. I could not predict my behavior or control my drinking. We divorced.

6:00 a.m. and I'm in line at a liquor store to buy my morning's wine. Unemployable, disheveled and quivering, I have just enough change. There's a phone booth in front of the store. I step in as if on purpose. Without thinking, I dial AA. I don't know how I find the number. An angel voice answers the phone. "Do you need help? The angel asks. "Can you not drink anything till we get there? It will take us about an hour". I lie and say "sure"!

## **NOW - THE GIFTS**

The compulsion went away and the obsession lifted. I found a new freedom and a new happiness. My Sponsor, Madeline T., told me to hang on--This is a spooky Program! With these spiritual principles, I have built three successful careers so far on my journey. A daughter and a granddaughter are clean and sober.

"...the spiritual life is not a theory, we must live it". Page 83, Alcoholics Anonymous

Beverly J.

Helpline: 445-HELP (386-445-4357)

[www.AAflagler.org](http://www.AAflagler.org)

P.O. Box 352470, Palm Coast, FL 32135

Beverly Beach Bunnell Daytona North Espanola Flagler Beach Hammock Marineland Palm Coast Painters Hill

# Flagler County Anniversaries

## LIFE'S A BEACH:

### NOVEMBER BELATED:

Frank R. 2 years

### DECEMBER BELATED:

Alex A. 2 years  
Robert M. 5 years  
Tom F. 2 years

### JANUARY:

Valerie W. 1 year  
Dennis D. 4 years  
Steve D. 2 years  
Matt K. 8 years

### MONDEX GROUP:

#### NOVEMBER BELATED:

Kevin F. 29 years  
Connie G. 21 years

#### DECEMBER BELATED:

Merrill S. 9 years

#### JANUARY:

Crystal M. 1 year

#### FEBRUARY:

Gerry W. 27 years

#### LUCKY TO BE HERE:

##### JANUARY:

Peggy Y. 22 years

#### HAPPY WANDERERS

##### BELATED:

Debbie F. 29 years

#### STEPS TO SERENITY:

##### JANUARY:

John C. 50 years  
Ron R. 30 years  
Jim M. 28 years  
Howard G. 19 years

#### MESSAGE GROUP:

##### JANUARY:

Jack B. 27 years  
John H. 27 years  
Courtney A. 5 years  
Helen T. 5 years  
Chuck K. 2 years

##### FEBRUARY:

Carol W. 2 years  
Claudia O. 2 years  
Berkeley C. 28 years  
Susan F. 23 years  
Valerie P. 23 years

#### WOMEN TO WOMEN:

##### JANUARY:

Mary L. 12 years  
Pat F. 5 years

##### FEBRUARY:

Edie G. 33 years  
Linda S. 11 years  
Carolyn Q. 14 years

#### STEPPING SISTERS:

##### BELATED DECEMBER:

Nancy S. 4 years

##### JANUARY:

Colleen F. 2 years  
Arlene A. 40 years

##### FEBRUARY:

Karen 1 year  
Carolyn Q. 24 years  
Cathy J. 2 years  
Ellen D. 29 years  
Jessica J. 1 year

#### A NEW BEGINNING:

##### BELATED OCTOBER:

George 25 years

##### BELATED DECEMBER:

Eileen 2 years

##### JANUARY:

Eddie A. 5 years  
Pat F. 5 years

##### FEBRUARY:

Ellen O. 7 years

#### TGIF:

##### JANUARY:

Mike T. 1 year  
Carrie H. 2 years  
Sue J. 5 years  
John B. 9 years  
Charna D. 17 years  
Clarice W. 34 years  
Bill G. 36 years

##### FEBRUARY:

Mark 2 years  
Susan F. 23 years  
Marty D. 26 years

#### JUMP START:

##### JANUARY:

Ernie D. 1 Year  
Jason K. 1 Year

##### FEBRUARY:

Marcin W. 5 Years  
Mary G. 4 Years  
Michael W. 3 Years  
Ron R. 9 Years  
Steve L. 1 Year

#### ANOTHER OPEN DOOR:

##### JANUARY:

Kevin P. 24 years

##### FEBRUARY:

Larry P. 35 years

#### WOMEN'S ACCEPTANCE:

##### JANUARY:

Dee K. 31 years  
Eileen C. 15 years  
Janet M. 35 years  
Julie M. 2 years  
Mary 4 years  
Maureen 1 year

##### FEBRUARY:

Karen B. 2 years  
Kat 21 years

#### MONDAY NIGHT LIVE:

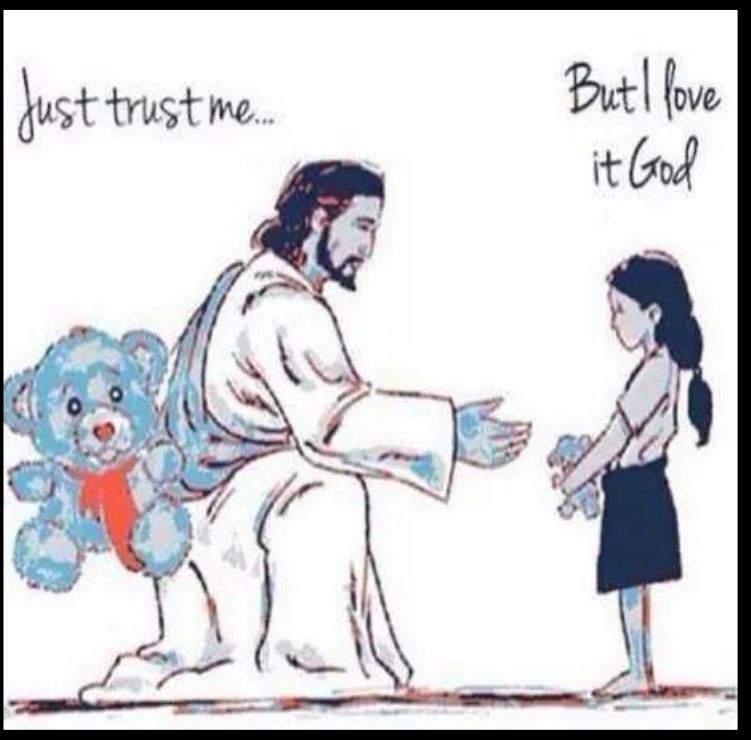
##### JANUARY:

John C. 50 years  
Jim Mc. 44 years  
Jason C. 19 years

##### FEBRUARY:

Jim A. 30 years  
Paul H. 18 years  
Corey O. 2 years





Let us take a moment of silence to remember those still sick and suffering both inside and outside of our rooms.

In the spirit of our 12th Step, we seek: God, Spirit of Light Love Peace & Truth, we offer you thanksgiving for all that we have and all that we will receive. We have so much to be grateful for, every hour of every day. You have provided us with more than we could have ever imagined.

Thank you for the people and advisors You have surrounded us with who always look out for us, (who) help us make difficult decisions and (who) get us thru some very hard times. Thru Your help, and theirs, we make better choices today. You keep us safe and protect us from the despair of alcoholism, one day at a time. Thank you for strengthening our judgment.

In Your infinite wisdom and by divine order, prosperity, harmony, joy & laughter are readily available & given to us thru the fellowship of Alcoholics Anonymous. We know that Your wondrous gifts of sobriety and enthusiasm are doubly blessed when shared with others. We are most grateful for the knowledge that we will never again be alone!!!

Thank You for Your grace. Your grace is the sum total of all the blessings and all that is good in our world. We are thankful for this evening to express our gratitude for our amazing sobriety, to Father Frank and for all those who made this event possible.

We ask that You Bless this food, our speakers and all of us as we go forth from here to do Your bidding. May we remain forever grateful, joyous, happy and free as we trudge the road OF happy destiny. In Your Precious name, we pray. Amen

**Footprints in the Sand new meeting location:**  
 The meeting which meets at 10:30 am on Sunday and the Wednesday night meeting at 7 pm at Beverly Beach is moving to 319 Moody Blvd. starting January 4th where the old Ace Hardware used to be. You will enter through the bookstore, meeting room is in the back. All meetings at Beverly Beach location will be suspended the whole month of December. Join us at the new meeting place.

# Announcements & Information

Looking to do "Service Work"?  
 The Help Line is a wonderful way to do service work by helping others in time of need. It is very rewarding, humbling and a way to feel grateful.  
 Call Joan at 445-4357

**ANNOUNCING A WOMEN'S MEETING**  
 The Fellowship We Crave  
 Big Book / 12 x 12 Study Group  
 6:00 - 7:15 p.m. Tuesday's  
 St. Mark's By The Sea Lutheran Church  
 303 Palm Coast Parkway NE

**Reminder:**  
 Need Medallions  
 Or Literature?  
 Contact Don H.  
 386-986-3659  
 hoodyfour@aol.com

Flagler County Intergroup meets the first Monday of the each month. District 22, Flagler County AA, meets the last Monday of each month. Both groups meet at the Florida Hospital Flagler, Lind Educational Center, Room C on the first floor. Both meetings start at 6:30 p.m.  
 All AA members are welcome to attend.

District 22 Archives  
 We would like information from the following groups: Stormy Seas, As Bill Sees It, West Flagler, The Lemac, Calm Seas, Sunday Sober Women, Saturday Night Live, Sandiper, Early Riser, Message (Flagler Beach) or District 22/Intergroup related to it's affiliation with Daytona & St. Augustine Intergroups. Please consider contributing them to District 22 Archives. Contact Peter Flaherty at 386-446-8801 or rebos7@bellsouth.net

**Asking God each day for help is not a sign of weakness,  
but an act of Faith.**

**Life is Difficult**

I hate that statement. I want life to be fun and easy. I want all the money in the world. I want my children to love me. I want the love of my life to find me and be happy together for the rest of my life. Sometimes I want to drink. That's right, sometimes I want to drink and I haven't had a drink in 12 years, one day at a time.

When I came back to AA after a 2 years hiatus, I said I was willing to go to any length to get sober and I meant it, but I didn't know exactly what any lengths really meant. Hiatus for me is a nice way of saying destructive, self indulgence ending with homicidal and suicide thoughts and actions. I went to lots of meetings, got a sponsor, took most of the suggestions and eventually took the 12 steps with that sponsor and got active in service to the fellowship.

Then why was I still unhappy? When the Serenity Prayer says to change the things I can, I thought that I needed to exert myself more in changing those people, places and things that I thought were bringing me down and making me miserable. It took time for me to realize the only thing I could change was me, my actions and perceptions. I was making me miserable. I was so used to being the king of the universe, to believe I wasn't, was going to take some getting used to. I was going to have to start taking responsibility for myself and my own well being.

Life was going to get more difficult. Faith without works is dead. With the guidance of my sponsor I made some very difficult decisions in my life and I was scared. Pain is a great motivator but fear will keep me trapped in the pain. It took lots of faith that as a child of God I was going to be OK because He was protecting me. He loves me and I believe He doesn't want me to be in this excruciating emotional pain. I do that to myself.

I had to take action after careful thought, prayer and talk with trusted friends. God does talk through others I believe, and I have to be willing to listen. It was difficult but years have past and today I am sober, free and happy most of the time. It was difficult, but worth it, because a sober life for an alcoholic is worth it. I know a drink won't make anything better but it will make it worse. I have the ability to think the thought of a drink through. Thank God and AA.

**AA Saved My Life But I Have a lot of Medical issues AA is not set up to deal with**

So many people, including me, thought that once they start living the AA lifestyle that all their problems could be handled by AA. For the most part they can. But there are some medical and emotional issues AA is not set up to handle. For the past six weeks I have been participating in a Health and Wellness program at the Mayo Clinic where their objective is to help you learn how to deal with both the medical and emotional problems you are dealing with on a daily basis. I was one of the first enrollees. Dr. Ruben McBrayer, my family physician, recommended me due to the fact that I had so many medical issues going on but I was determined to live a normal life. There are no drugs involved just understanding and counseling. The specialist, Pitra Stein, said that anyone she new with Lupus, Dysautonomia, Thyroid disease, Double vision, had to be on cumadin, and had already lost one lung would have given up a long time ago. Then comes along the issues with PTSD. They have a group of specialists and counselors to help you deal with whatever you are dealing with. Right now we are taking on the PTSD with a little of the other things at the same time. This is the only time I have ever sat in the same room with all my Doctors (specialist) and have them explain how all of this was interconnected.

The counseling is really helping. If they hadn't recognized the problem and gotten me the help I needed things would probably would be a lot worse by now.

AA saved my life. If they hadn't been there to get me sober, make me a better human being, put Buddy, my Higher Power, in my life I would never have made it to the Mayo Clinic for this new program. Thank you, AA, Buddy and the Mayo Clinic. I pray with Buddy that other hospitals start these kinds of programs. It is entirely free, no insurance and no money.

Al S.

*"Let today be the day you learn the grace of letting go and the power of moving on."*

*Submitting articles to the Promises is another way to be of service to Alcoholics Anonymous*

*Flagler County Promises 2015*

*Next deadline for the Promises will be February 15, 2015*

*Submit any questions, articles or anniversaries to:*

*[susanrae43@gmail.com](mailto:susanrae43@gmail.com)*

*Thanks to everyone who helped create this issue of the Promises!!!*